

2 captures

15 Apr 2017 - 18 May 2017



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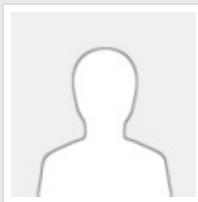
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Everyone should at least 1 cycle of roids, for muscle nuclei increase

Everyone should at least 1 cycle of roids, for muscle nuclei increase

Thread Modes

**Satanas** ●

Member

Posts: 87
Threads: 18
Joined: Sep 2015
Reputation: 50

04-04-2017, 02:53 AM (This post was last modified: 04-04-2017, 03:02 AM by Satanas.)

#1

It has been proven that steroids will increase the number of muscle nuclei and this advantage can last decades. This is why ex steroids users, can retain lots of muscle mass despite using TRT doses or even no juicing at all. IMO everyone should do one cycle of 3 months with proper nutrition, routine, and PCT. Ideally, you want to do 2 cycles. This won't affect your natty test much, if at all, and the results on the muscle fibers and nuclei will be basically permanent. Even if you lose some, or all your steroid gains, you still have gained something that will benefit you in the future.

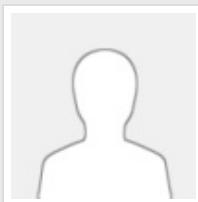
Quote:

"Mice were briefly exposed to steroids which resulted in increased muscle mass and number of cell nuclei in the muscle fibres. Three months after withdrawal of the drug (approximately 15% of a mouse's life span) their muscles grew by 30% over six days following load exercise. The untreated mice grew insignificantly." "The results in our mice may correspond to the effects of steroids lasting for decades in humans given the same cellular 'muscle memory' mechanism."

In short, the researchers found that even with several years of anabolic steroid withdrawal and a lack of strength training, important characteristics of muscle were permanently altered. These changes provide an advantage for strength performance and muscle growth many years after drug use has stopped. **Evidence shows that the number of nuclei generally remains proportional to the size of the muscle fiber, meaning that when a muscle fiber grows, the number of nuclei also increases**

Quote:

Until recently it was believed that during muscle wasting (**atrophy**) muscle cells lost nuclei by a nuclear self-destruct mechanism called **apoptosis**, but recent observations using time laps *in vivo* imaging in mice do not support this model. Direct observation indicated that no nuclei are lost under such conditions,[5] and the **apoptosis** observed in the muscle tissue were demonstrated to occur only in other cell nuclei in the tissue, e.g. **connective tissue** and muscle stem cells called **satellite cells**. Since *in vivo* imaging has confirmed that cell nuclei are added during strength training and not lost upon subsequent detraining,[3] the nuclei might provide a mechanism for muscle memory. Thus, upon retraining the extra nuclei are already there and can rapidly start synthesizing new **protein** to build muscle mass and strength.

**darkfresh500** ●

Senior Member

Posts: 779
Threads: 182
Joined: May 2016
Reputation: 338

04-04-2017, 03:41 AM

#2

Satanas Wrote: ↗

(04-04-2017, 02:53 AM)

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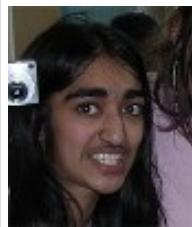
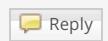
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GloriousWin ●
Senior Member



Posts: 279
Threads: 8
Joined: Jan 2016
Reputation: 317



#3

04-05-2017, 05:07 AM

This is completely correct. It not only permanently improves your natural ceiling, it will literally make you able to heal faster and maintain muscle into old age. If you don't like the idea of being a sad old man rotting for 10 years in a nursing home, this is one very solid way to protect against it.

Iltyr Wrote:

You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.



lolita ●
Colez Biker Gang



Posts: 1,648
Threads: 116
Joined: Aug 2015
Reputation: 145



04-05-2017, 06:20 AM

#4

What's the point if you end up having a bloated fucking face especially the cheek area where all the water goes. Muscles don't mean shit if the face is ultra shit looking.



04-05-2017, 04:21 PM

#5

lltvyr •
Mega Super Poster
★★★★★

Posts: 2,216
Threads: 362
Joined: Jul 2015
Reputation: 419

Satanas Wrote: ➔

(04-04-2017, 02:53 AM)

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name of the study?

In short, the researchers found that even with several years of anabolic steroid withdrawal and a lack of strength training, important characteristics of muscle were permanently altered. These changes provide an advantage for strength performance and muscle growth many years after drug use has stopped.

Evidence shows that the number of nuclei generally remains proportional to the size of the muscle fiber, meaning that when a muscle fiber grows, the number of nuclei also increases

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Starcrazy Wrote: ➔

(03-08-2016, 07:05 PM)

you're as old as your hairline

Bukowski Wrote: ➔

(04-11-2016, 06:48 PM)

You're as pedo as your hairline

"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

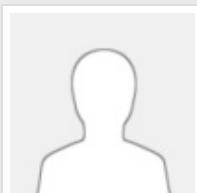
ethnicslayer Wrote: ➔

(02-04-2017, 04:19 PM)

surgery is the only vitamin

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Beastcoast94 •
Senior Member



04-05-2017, 07:51 PM

#6

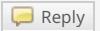
it's really not the significant

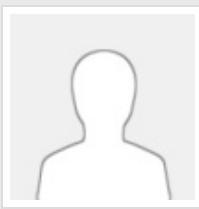
if you want serious permanent adaptation you have to abuse the fuck out of GH

look at that guy trevor from Enhanced Athlete. He is 250 pounds shredded year round, hardly trains, and uses a TRT dosage of test. All because he blasted 30IU of growth hormone for years which created so many new myoblasts.

Posts: 345
Threads: 37
Joined: Dec 2016
Reputation: 116

 Find

 Reply



Virga 
Newbie

Posts: 8
Threads: 2
Joined: Dec 2016
Reputation: 0

 Find

 Reply

04-06-2017, 05:14 AM

#7

lolita Wrote: 

(04-05-2017, 06:20 AM)

What's the point if you end up having a bloated fucking face especially the cheek area where all the water goes.

Muscles don't mean shit if the face is ultra shit looking.

Water retention ceases when you go off the roids



chopper 
Colez Biker Gang



Posts: 571
Threads: 47
Joined: Nov 2016
Reputation: 1,040

04-06-2017, 02:33 PM

#8

Beastcoast94 Wrote: 

(04-05-2017, 07:51 PM)

it's really not the significant

if you want serious permanent adaptation you have to abuse the fuck out of GH

look at that guy trevor from Enhanced Athlete. He is 250 pounds shredded year round, hardly trains, and uses a TRT dosage of test. All because he blasted 30IU of growth hormone for years which created so many new myoblasts.

I'm sure he built all that muscle using HGH and TRT doses of testosterone





 Find

 Reply



lolita 
Colez Biker Gang



Posts: 1,648
Threads: 116
Joined: Aug 2015

04-06-2017, 03:06 PM

#9

Virga Wrote: 

(04-06-2017, 05:14 AM)

lolita Wrote: 

(04-05-2017, 06:20 AM)

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Muscles don't mean shit if the face is ultra shit looking.

Water retention ceases when you go off the roids

False

It won't especially on your face

Just look at many of the failed roiders off cycle



Iltvyr •
Mega Super Poster


Posts: 2,216
Threads: 362
Joined: Jul 2015
Reputation: 419

04-06-2017, 08:55 PM

#10

isn't it dangerous?

lolita Wrote: 

(04-06-2017, 03:06 PM)

Virga Wrote: 

(04-06-2017, 05:14 AM)

Water retention ceases when you go off the roids

False

It won't especially on your face
Just look at many of the failed roiders off cycle

pics plz thx

Starcrazy Wrote: 

(03-08-2016, 07:05 PM)

you're as old as your hairline

Bukowski Wrote: 

(04-11-2016, 06:48 PM)

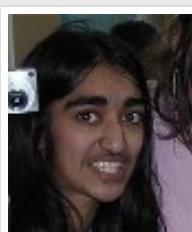
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"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

ethnicslayer Wrote: 

(02-04-2017, 04:19 PM)

surgery is the only vitamin



GloriousWin •
Senior Member


Posts: 279
Threads: 8
Joined: Jan 2016
Reputation: 317

04-06-2017, 09:31 PM

#11

lolita Wrote: 

(04-06-2017, 03:06 PM)

Virga Wrote: 

(04-06-2017, 05:14 AM)

Water retention ceases when you go off the roids

False

It won't especially on your face
Just look at many of the failed roiders off cycle

Testosterone doesn't even cause facial water retention to any particular degree. It's usually stuff like DBOL that causes bloat. A straight Test cycle will cause minimal water retention. And that's in the short term. That small amount of water is gone post-cycle.

Iltvyr Wrote:

You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.



04-06-2017, 11:42 PM

#12

chopper Wrote: 

(04-06-2017, 02:33 PM)

Beastcoast94 Wrote: 

(04-05-2017, 07:51 PM)

Beastcoast94 ●

Senior Member



Posts: 345
Threads: 37
Joined: Dec 2016
Reputation: 116

it's really not the significant

if you want serious permanent adaptation you have to abuse the fuck out of GH

look at that guy trevor from Enhanced Athlete. He is 250 pounds shredded year round, hardly trains, and uses a TRT dosage of test. All because he blasted 30IU of growth hormone for years which created so many new myoblasts.

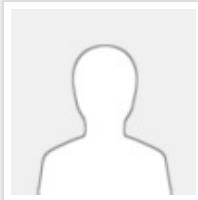
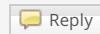
I'm sure he built all that muscle using HGH and TRT doses of testosterone



are you illiterate?

He originally built the muscle blasting grams of AAS and tens of IUs of growth hormone. After several years of that his muscles contained many more cells than the average person.

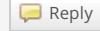
He *now* only needs low dose TRT and a few IU of GH to maintain that freaky size



snowball364th ●

Newbie

Posts: 35
Threads: 4
Joined: Mar 2017
Reputation: 210



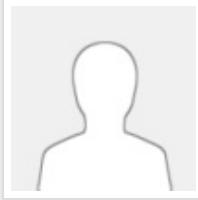
04-08-2017, 03:35 AM

#13

I highly do not recommend this.

Not because i disagree with your info, but because its extremely easy to get addicted to steroids. Once you experiance recovery and gains with steroids, you either want to stay on them or lose interest in natty lifting all together.

Once youve fcked a 9/10 you will never want to touch a 4/10 again, same logic applies with steroids.



asiancel ●

Monster Poster



Posts: 9,610
Threads: 132
Joined: Mar 2016
Reputation: 1,840



04-10-2017, 05:15 AM

#14

willing but unable...no reliable steroid source .

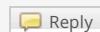


SubGandy ●

Senior Member



Posts: 779
Threads: 34
Joined: Jan 2017
Reputation: 610



04-12-2017, 09:12 PM

#15

cycling is cope
blast and cruise for life

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